

# What's All the Buzz About **HOT YOGA ?**

You may have heard that Suburban is building a new Yoga studio that will be equipped to soon offer “Hot Yoga” classes. This news has people talking about Yoga and Hot Yoga. Here's some info that may answer some of your questions....

## Why should I practice Yoga?

For starters, yoga is good for what ails you. Specifically, research shows that yoga helps manage or control anxiety, arthritis, asthma, back pain, blood pressure, carpal tunnel syndrome, chronic fatigue, depression, diabetes, epilepsy, headaches, heart disease, multiple sclerosis, stress and other conditions and diseases. What's more, yoga:

- Improves muscle tone, flexibility, strength and stamina
- Reduces stress and tension
- Boosts self esteem
- Improves concentration and creativity
- Lowers fat
- Improves circulation
- Stimulates the immune system
- Creates sense of well being and calm.

Overall, the series of poses and the order in which they are taught are designed to open up joints while balancing muscular alignment, improving the body's biomechanics.

With stronger, longer muscles and better alignment, you have less strain on your joints and therefore less wear and tear. That's good news for athletes who want to reduce injury risk as well as those with back or neck pain or who want to cut their risk of arthritis.

## What are the benefits of “Hot Yoga”?

The heat reduces the risk of injuries and means you can stretch further in comfort. The temperature in the room reflects that of muscles and body fluids once it has warmed up. Your body relaxes and you can move it further. Those with stiff or arthritic joints find they can stretch into them more, without feeling pain or aching the next day. Proponents of Hot Yoga claim the technique is particularly effective at aiding recovery from sports injuries.



## How Hot is “Hot”?

The original hot yoga classes were practiced in rooms around 100 degrees, but that takes some getting used to.

Suburban plans to offer a variety of classes and temperature ranges—including non-heated (room temperature) classes, beginning “warm” classes and intermediate “hot” classes. Humidity will range from 45% to 65%. We will expand the schedule as demand grows.

**For more information and expanded class schedules –  
watch for the March Newsletter!**

